

**TITLE:**

The Use of Food Supplements in Sportsman's Diet by a Selected Group of University Students

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**ABSTRACT:**

The bachelor's study deals with general rules for the sportsman's diet and the use of food supplements for the purpose of improving man's health or increasing sport performance.

Theoretical part of the study provides information about appropriate composition of macro- and micro- substances in the food, proper drinking regime and presents basic mistakes that people usually do in eating. Further, the study includes general recommendation on how to correctly eat before, during and after the sport performance. Last but not least, the study introduces basic food supplements, their classification and describes the most important agents and their impacts on the human body.

Practical part of the study is focused on a research of the health lifestyle of the Prague's university students, whose aim is to find out how they are interested in healthy food, whether they perform sports regularly and whether they use food supplements. For this purpose, a questionnaire's survey was performed, whose results are discussed in the conclusive part of the study. Based on the answers obtained, it can be concluded that the students' interest about healthy food is significant, nevertheless their awareness about food supplements is average.

**KEYWORDS:**

Food supplements, sportsman's diet, physical activity.